

CONFERENCE REPORT

Sanavitacon2024, National conference of Association of Physiologists Tamilnadu was organized by Department of Physiology, PSG Institute of Medical Sciences and Research, Coimbatore from 3rd October – 5th October,2024.

3RD OCTOBER 2024- PRECONFERENCE WORKSHOP – METABOLIC SYNDROME: CONNECTING THE DOTS

20 postgraduates and faculty members participated in the workshop.

After welcome address by Dr. K. Deepalakshmi , HOD, Physiology, PSGIMS&R, Dr. M. Sowmya addressed the various components of metabolic syndrome and its epidemiological relevance followed by Dr. S. Raja Priya who elaborated the risk factors and pathophysiology. An interesting Quiz was conducted by Dr. S. Vidhya who talked about diagnostic criteria including the latest biomarkers of metabolic syndrome. Dr. T. Thiyagarajan, Consultant endocrinologist elaborated on complications, management, prevention and research opportunities. This was followed by case discussions; an interactive group session moderated by Dr. V. Arthi, which was well conceived by the participants.

METABOLIC SYNDROME : CONNECTING THE DOTS-03/10/24



4TH OCTOBER 2024 – DAY 1 CONFERENCE

The day started with scientific session, “Measurement of blood pressure variability using our patented instrument CMCNIBP” by Dr Sathya Subramaniam Senior Professor, Department of Physiology, CMC Vellore. She discussed the methodology of BP estimation with CMCNIBP and also presented the results of a study done on 26 subjects in ICU. She elaborated that the variability estimated by CMCNIBP corresponds to intra-arterial measurements.

Next session was handled by Dr. K N Maruthy, Professor and HOD, Physiology, MVJ Medical College, Bangalore. He enlightened the audience on “harnessing Autonomic modulation for cardiovascular fitness”. He highlighted the assessment of autonomic function by Dynamic Pupillometry using Infra Red videography, a novel non-invasive technique and shared his experience in designing cost effective instruments for acquiring biosignals.

Inaugural ceremony of the conference started with welcome address by Dr. K. Deepalakshmi , HOD, Physiology, PSGIMS&R followed by inaugural address by Dr. TM Subba Rao, Principal PSGIMS&R and keynote address by Dr. Dilara, President APT.



SANAVITACON'24 -
INAUGURATION - 04/10/24



Senior members of APT Dr. Neelambigai, Dr. Viswanatha Rao and Dr. Chandrasekar felicitated Dr. Tamilkodi, Senior Physiologist with lifetime achievement award.

Inaugural session ended with vote of thanks by Dr. V. Arthi, Assistant professor, Department of Physiology.



This was followed by a dialogue session on “Exploring Tri MethylamineN-oxide(TMAO)’s role in Cardiovascular disease” which was delivered by the Speakers; Dr. G. Rajendiran, Professor and Head, Preventive Cardiology and Dr. K. Suvetha, Professor of Community Medicine, PSG Institute of Medical Sciences & Research. TMAO’s promising effect on risk stratification, prevention and treatment of atherosclerotic disorders was discussed by the speakers.

SANAVITACON'24 - DAY 1 - 4/10/24



General body meeting of Association of Physiologists Tamilnadu was conducted in the Post lunch session, where the proceedings of the Association events were discussed and new office bearers for APT were elected.



5TH OCTOBER 2024 – DAY 2 CONFERENCE

Scientific sessions started with lecture on “Proactive approach in detecting and managing subclinical atherosclerosis in early phase” where the speaker Dr. Jaideep C Menon threw light on the risk factors of atherosclerosis & importance of risk assessment and diagnosis of subclinical atherosclerosis to prevent acute cardiac events.

Next session on “Gendered heart health: Unique risks and treatment strategies in women with Coronary Artery disease” was handled by Dr. Vanajakshamma, Professor of cardiology, Sri Venkateswara Institute of Medical Sciences, Tirupathi. During her session the various aspects like gender-specific symptoms & risk factors, importance of sleep, diet, yoga and awareness regarding cardiovascular health in women was touched upon.

The next session was on “Clinical integration of exercise for cardiovascular disease management” by Dr. V. Ramamoorthy, Professor and Head, Department of Physical medicine and rehabilitation, PSGIMS&R. The speaker shared his thoughts on importance of exercise and its physiological aspects and how it is prescribed for the management of cardiovascular diseases.

A Panel discussion on the “link between endothelial function and cardiovascular disease” moderated by Dr. Deepalakshmi was conducted. The panelists included Dr. Ramamoorthy, Professor and Head of the Department of Physical Medicine and Rehabilitation at PSG IMSR, Dr. Rajendiran, Professor and Head of Preventive Cardiology at PSG IMSR, Dr. Suvetha, Professor of Community Medicine in PSG IMSR and Dr. Thiyagarajan Thangavelu, Consultant Endocrinologist at PSG IMSR. The discussion covered diverse perspectives on this

topic, encouraged critical thinking and promoted collaborative learning among participants.

The next session on “stress and adaptation in cardiovascular function: A Physiological Perspective” by Dr. S. Vijayabaskaran, Associate Professor of Physiology, PSG IMSR illuminated the audience about the types of stress and its impact on cardiovascular health. This was followed by an interactive session on “untangling the nexus of psychosocial stress and cardiovascular health” by Dr. D Srinivasan, Senior Psychiatrist, KMCH, Coimbatore.

SANAVITACON'24 - DAY 2 - 5/10/24



More than 60 Undergraduates, Postgraduates and Faculty members presented their scientific papers between 3.00 PM and 4.30PM on both the days. Following this feedback for the conference was obtained from all delegates.



The conference concluded with a Valedictory function wherein winners of paper presentation in each hall were awarded with medals and certificates by eminent physiologists. The medals for the same were sponsored by Dr.Sembulingam. In addition, APT recognized two undergraduate presentations and honored the presenters with cash prize.

VALEDICTORY FUNCTION



Sanavitacon-24 winners

Faculty Presentation conducted on 4th October

1. I - Dr Renu Meena from Velammal Medical College, Madurai
2. II - Dr Poihai from Government Medical College, Virudhunagar
3. III - Dr Sathya GR , Pondicherry Institute Medical Sciences, Pondicherry
4. Consolation – Dr Divyalakshmi- Sri Ramachandra Institute of Higher Education and Research, Chennai

Post – Graduate oral presentation conducted on 4th October

1. I - Dr Camilla preethi, Christian Medical College ,Vellore.
2. II - Dr Anand S, Madras Medical College, Chennai.
3. III - Dr Pamela Gitanjali Joseph , Christian Medical College, Vellore.

Post – Graduate Poster presentation conducted on 4th October

1. I - Dr Steny S Sarto, Christian Medical College, Vellore.
2. II - Dr Vijayalakshmi V , Thanjavur Medical College, Thanjavur
3. III - Dr H R Suba, Stanley Medical College , Chennai

Under- Graduate paper / poster presentation conducted on 4th October

1. I – Ms. Harini V. Government Medical College, Virudhunagar.
2. II – Mr Mano Harshadhan, PSGIMSR, Coimbatore
3. III – Ms Tonia Kumari, Government Medical College ,Virudhunagar.

Post – Graduate oral presentation conducted on 5th October

1. I – Dr. R Prashanthi, Christian Medical College ,Vellore
2. II – Dr. Steny S Sarto Christian Medical College ,Vellore
3. III – Dr. Vaitheeswari ,Chengalpattu Medical College, Chengalpattu

Post – Graduate Poster presentation conducted on 5th October

1. I – Dr Pamela Githanjali Joseph, Christian Medical College, Vellore
2. II – Dr. Shilpa TG, Govt Medical College, Kottayam
3. III – Dr Divya Priya R, Chengalpattu Medical College, Chengalpattu
4. III – Dr Betsy.P.S ,Christian Medical College, Vellore

Under- Graduate paper / poster presentation on 5th October

1. I – Dr Subiksha ,PSGIMSR, Coimbatore
2. II – Ms Thanushri, Velammal Medical College ,Madurai.
3. III – Mr Mukunthan , PSGIMSR , Coimbatore